

BUSINESS CARDS

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Office and Private Hospital
General Practice and Surgery
Office Hours: 10:30 to 11:30 a. m.; 2 to 4 p. m.; 7:30 to 8:30 p. m.
Sundays: 11 a. m. to 12 m.
508 Woodworth Ave.
ALMA, MICHIGAN

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Sundays: 10 to 12 p. m.
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Alma, Michigan

DR. FRED J. GRAHAM
Physician and Surgeon
Office Hours: 10:30 to 11:30 a. m.; 2 to 4 p. m.
Sundays: 10 to 12 p. m. Telephone: Union 412K; Bell 128-2K.

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Office: State Savings Bank Bldg.
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How to Live

Common Sense Comments on
Health, Happiness and
Longevity

By GEORGE F. BUTLER,
A. M., M. D.

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BREATHING.

How do you breathe? You should learn to breathe properly. Many people have lazy lungs. Fresh air is a free gift, but it is like most of the gifts of heaven in that we must do our share of work to benefit by it. No one would expect to have a good fire just because a pair of bellows hangs on a nail by the chimney, but that is exactly what many people expect of their lungs, which are really only the bellows given us to keep the fire of life burning bright and clear within us. This trick of lazy lungs is a habit, and like any other, may be overcome by persistent effort. Many persons, for example, are afflicted with a nervous habit of holding the breath unconsciously. These are the people who, in spite of plenty of time spent out of doors catch cold easily, digest poorly, and are always more or less under the weather physically. Many other persons breathe only with the upper part of the lungs and, although they may breathe regularly, do not draw in sufficient air at a breath to fill the lungs. When the pernicious habit of poor, shallow breathing has been broken up, the health undergoes such marked improvement, there is such brightening of the spirit and improvement in appearance, that the luxury of deep breathing is not likely to be readily foregone.

Deep breathing means literally deep breathing, and not what some understand it to be—the mere lifting of the diaphragm, which may be done with the lungs not filled to their full capacity. The action of the mind enters largely into all physical exercise, especially into all forms of breathing which have the poising of the nerve centers in view. First fill your mind with pleasant thoughts and then concentrate your thought upon the breath. Breathe and think! Breathe and think until the whole body becomes a living thing and your breath a vital life-sustaining element. In short, breathe to the toes, for if such a concept can be held long enough, the actual breathing capacity of the chest is increased to a great degree. Diaphragmatic breathing acts directly upon the liver, which in turn affects the stomach and digestive organs. Good digestion makes a healthful glow, brightens the eye, stimulates the entire being to radiant vibrations of harmony and health. There is no better way of strengthening the muscles, the lungs and heart, improving the appetite and digestion, banishing the "blues" and making you rejoice that you are alive, than to go out into the woods and meadows or city parks, where you can exercise and breathe the good air, and thus develop new sinew and new strength, both of soul and body.

Work for health; insist on having it. It is yours if you but work for it. Its hints are in each growing tree, each breath of sun-kissed air, and thought of happiness, trustfulness and love. Get in touch with the purposes, plans and laws of the infinite intelligence, and mental, moral, and physical health is yours. And one of the best ways to "get in touch" is to take a long walk and breathe properly in "God's Out-of-Doors" under the great and infinite sky and among the trees where the winds are harping. You will erect your head, expand your chest and walk away, as it is meant, you should walk, on these fresh mornings when the world is enveloped in a golden halo from out of which, like angel voices from the quiet depths of heaven, the winds are singing their untroubled praises; you will be full of life and joy and hope. LEARN HOW TO LIVE.

If in hours which ought to be hours of rest we allow the mind to brood over grievances, to dwell on difficulties, to harass itself with cares, and grieve over suffering and sorrow, we shall find leisure even more exhausting than work.

There is something that every who needs to learn in these days more than how to get rich, if he wishes to be well and happy, and that is how to do without riches; how to live a simple, wholesome life.

Simplicity is the elimination of the non-essential in all things. It reduces life to its minimum of real needs, raises it to its maximum of power.

A strenuous life unaccompanied by right proportion of rest and relaxation, is the inevitable forerunner of depleted nerves and broken health.

Cultivate the power of dropping from the memory all that is useless and undesirable. Let go and quietly rest after a hard day's work.

Oxygen is the only stimulant upon which you can safely rely as a depressant-chaser and body builder.

Let the sun's sweetness have its question upon your body, clothes and home.

Cloudiness may be defined to be the condition of purity of mind.

These Balance Men.
I profess no special partiality for any critic, who, holding balance in hand, weighs eagerly whatsoever of learning comes to his counter. I question whether he is not taking less of the quality of the wares, than of the fashion of his scales, never questioning their accuracy nor his own levity. Still it must be admitted that these balance men are not without their usefulness, being convenient for appraising market values.—A. Bronson Alcott.

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